



There is NO Hit... Sling It!

The Very, Very Best of Mac's Video Lessons at CoachTube

use this link [Bit.Ly/MacWilkins](https://bit.ly/MacWilkins) - Available on any device any time

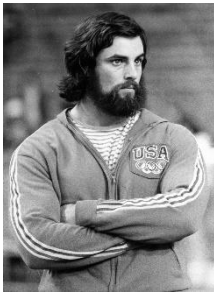
50% discount on all courses

Use the Coupon code '**Buckeyethrow**', (no quotes) for
Coupon Code Discount expires Feb. 11, 2017

Simple Video Lessons from Mac's ***"Short Attention Span Theater"***

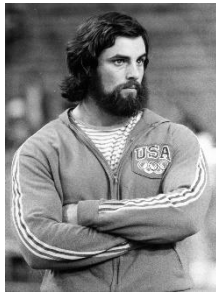


My Travel to Coluumbus



Extreme Leverage

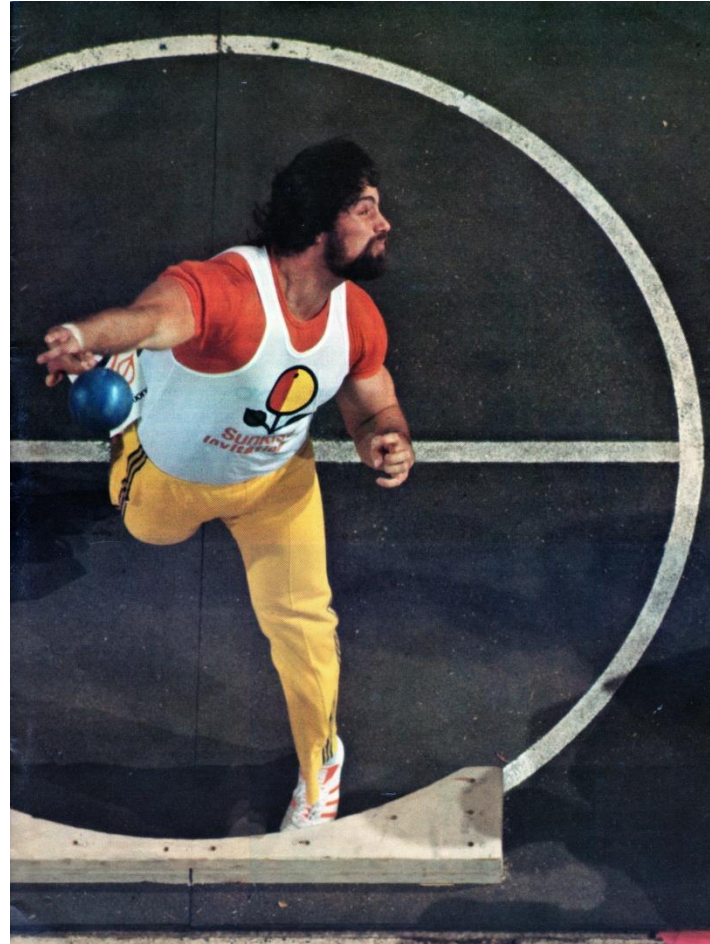




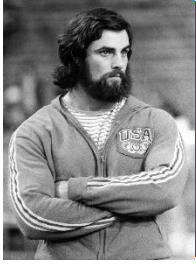
Extreme Torque



Round & Heavy...



Javelin or Discus?



Disclaimer

I Emphasize Improving Two Most Common Errors

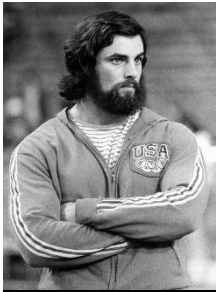
- Lack of rotation
- Lack of rhythm

Beginners can & SHOULD learn the same correct technique as 70m & 70' throwers



Hip Path & Rhythm

- **Down, Up...Down, Out**
 - Discus, Shot, Glide Shot - Path of Center of Gravity
- **Right Leg Engine**
 - Drop Down on the Left, Slow to Faster, Hop & Turn with a good orbit
 - “On your marks, Get Seeet, Go”



Rhythm Trumps All





Stand Throw

- Take the shot down the Ski Jump Ramp
- Start with the End in Mind
- Finish position shows the technique
- Left foot on ground at release
- Finish with right foot in the circle
- Throw it High – Throw it down the middle



Stand Throw

- Move the ball with the hips
- Move the ball with the hips
- Move the ball with the hips
- Move the ball with the hips
- **Move the ball with the hips**



Mac's Video Lessons

- Bit.ly/MacWilkins
- My Throwing Lessons at CoachTube
- Coupon Code: Iwannathrow
- 50% Discount Good till Feb. 11, 2017
- Lifetime Access to Lessons on any Device



Getting Started

- Shot Placement on the Neck
- Flipper Fingers
- Down, Over, Up - The Ski Jump Ramp
- *And Many More Hit Lessons!*
- Bit.ly/MacWilkins
- My Throwing Lessons at CoachTube
- Coupon Code: Iwannathrow
- 50% Discount Good till Jan. 31, 2017



Glide Shot Put – Heavy Javelin

Basic Assumptions

- Simple move - Difficult to do well - Counter intuitive
- Longer is better
- Go Fast - But Don't Lose the Rhythm
- There is NO HIT
- BOTTOM LINE: Full Expression of Delivery with Good Block
- **REMEMBER THE RHYTHM**



Right Leg Engine

- Right leg is 90% of the focus during the throw.
- Feel the right leg push the hips, upper body, and ball.
- Feel the connection from the ball of the foot to the ball in your hand.
- Feel the right leg push the hips out pulling the upper body and the ball into the block.
- **REMEMBER THE RHYTHM**



Round Heavy Javelin

Advanced Glide

- Go as fast as you can without getting in the Way (Hippocratic Oath)
- Focus on the left side block - No “Right Leg Engine”
 - If you feel the right leg work, your timing is off
 - Down, Up, Down, Out Rhythm is less pronounced
- Always work for the longest path for hips and ball in delivery.
- **BOTTOM LINE:** Full expression of delivery with Good Block



Round Heavy Javelin

Advanced Glide

- Ulf Timmerman - Last Throw Win '88 Olympics
 - Longest Glide Put All time
 - Ryan Crouser's Role Model
- Al Feuerbach – most rotational & elegant glider all time



Round Heavy Javelin

Al F and Ulf





Round & Heavy...



Discus



Three Things I Know

1. See the Horizon to the Target (throw direction)

Slow Down, see the horizon to the target. **Let the left side; eyes/arm/knee/foot lead the body to the target. Pause or slow the Left Side to allow Right Leg to catch up & get ahead to create torque. This is the Essence of the rotational Throw**

2. Work a Wide Right Leg from the Back of the circle to the Middle *The Right Leg is your engine for the throw.*

The wide right leg shortens/accelerate/works ahead of the slowed left side to create torque. See the Three Points the right knee makes in the throw.

3. Rotational Continuity into Block - Little or No Pause,

The Right Leg drives around & forward rotating/pulling the right Hip and then the upper body into the left side block.



Spin Shot Basics

Similar to Discus

Balance, Rhythm (path & timing), Rotational Mechanics

Different than Discus

Can't Overstep middle means Less separation

Block can be more 'Jump Up' than 'Around & Out'

Its way heavier, Your Neck gets dirty, Doesn't go as far



Key Rotational Positions

- **Balance**

- *Left shoulder over toes at 9 o'clock

- **Right Foot straight Back at Touchdown**

- **'T' Position on Left Foot Touchdown**

- *Arms, Shoulders, Right Foot & Knee Perpendicular to throw

- *Right Heel Up

- *Head & Shoulders Behind Right Foot

FIND 'em or Die



Ryan Crouser's Three Keys

- **Lock in the Start**
 - Simplify the Throw – Make the Move & Feeling 'Bomb Proof'
 - Wind Up & Unwind – Consistent & Correct
 - Left Foot Pivot on Inside of Ball of Foot
- **Practice without Fouling**
 - 18 of 20 was average – MUST hit good Power Position to do THIS!!!
- **Practice Throwing Far with NO EFFORT**
 - Find a Longer Looser Pull to Make your 'Go To Move' – Default is NOT 'KILL IT'
 - Include 'Target Throwing' focused on Specific Technique & Distance



Ryan Crouser's Technical Keys





Contact

- support@macwilkins.com
- www.macwilkins.com
- bit.ly/MacWilkins

Coupon Code: 'Buckeyethrow'
50% Discount good thru Feb. 11, 2017
Available for Lifetime on all devices



Teacher's View

- Start with high level, easy success - Rhythm
- Always make full movement in first workout
- Sometimes focus only on end result
- Understand the cause & effect connection
- Sometimes “Technique Machine” is the only solution
- Has to be fun... for the Student and Teacher



Basic Assumptions

- **There is NO hit** Sling it, Whip it
- Longer path & lever is better
- A straight line through the circle goes from left foot at the back, to the middle of the circle and to the left foot at the front.
- **What you do at the back, you must repeat at the front**
- South African drill has limited value
- Wheel drill creates the wrong feelings and concepts
- The center of the merry-go-round turns slower
- So many paradoxical feelings
- **Rhythm Trumps all** - Slow to faster & down up....down out
- “The **hardest thing** about the throw is to **do Nothing.**”



The Difference Maker

**Its Just *NOT* That
Important**



Technique Machine

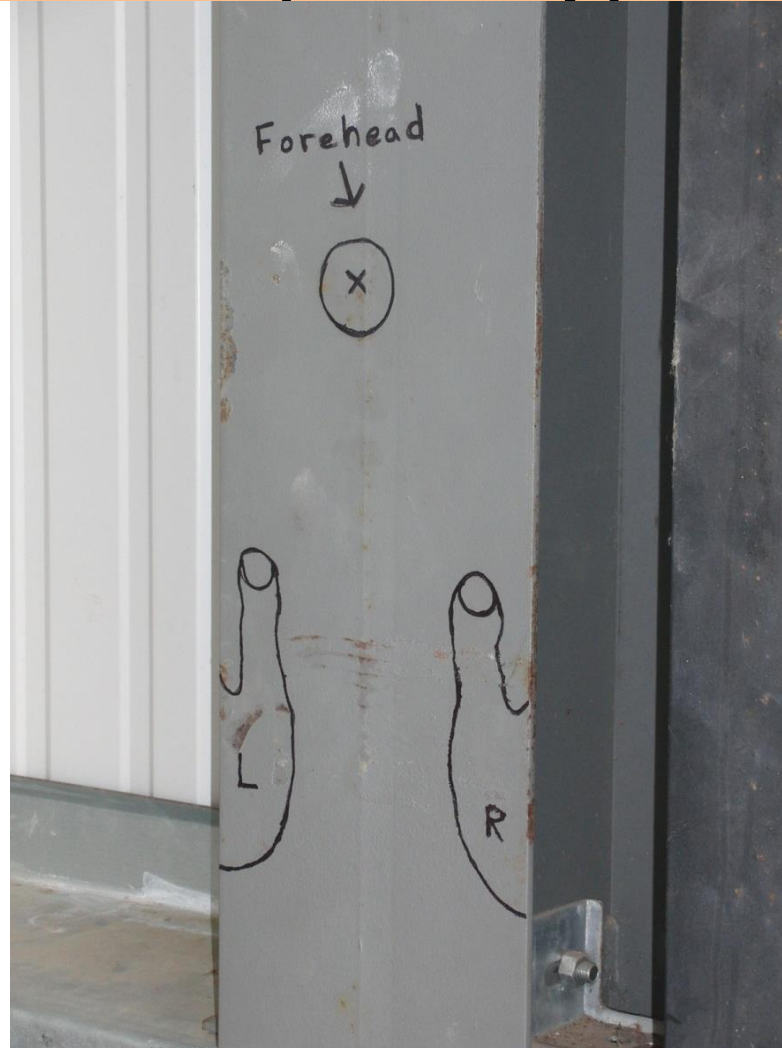
Technique Enhancement Machine





Technique Machine

(Close Up)





The Difference Maker

**What did You
Learn Today?**



Inside of Left Foot

